



Spicy Sausage, Mexican Beans with Avocado & Eggs

A DropChef take on the famous Mexican Huevos Rancheros dish. We add in delicious Irish jalapeno sausage to make this a dish packed with protein and low in carbs. The spice mix and green chili add a punch to the dish. This works equally well as a special brunch you could make at the weekend!

Ingredients

- Jalapeño Sausage
- Avocado
- Lime
- Green Chilli
- Black Beans
- Egg
- Spice Mix
 - Chilli Powder
 - Cumin
 - Smoked Paprika

Your Pantry

- Olive Oil
- Salt & Pepper

Nutritional Info

Calories: 535 kcal
Carbohydrates: 31 g
Protein: 36 g
Fat: 30 g

Allergens


Gluten (Sausage)
Egg

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) **Pre-heat the oven**

Heat the oven to 180°C.

2) **Fry the sausages**

In a large pan with a little oil, fry the sausage on a medium heat until browned on all sides. Place the sausages in a lightly greased oven proof dish.

3) **Prepare the beans**

Wash and drain the beans. Add the spice mix to the beans. Chop the chilli and mix that through the beans as well. Place the beans in the same oven dish as the sausages and spread the beans out. Season with salt & pepper.

4) **Add the eggs**

Make a well for each egg and crack it into the middle of the well.

5) **Bake the dish in the oven**

Bake the dish in the oven for 8-10 minutes if you like a runny egg or 12-15 minutes for a hard egg.

6) **Finish the dish**

Remove the dish from the oven. Serve with some sliced avocado on the side & a squeeze of lime juice on top.



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